

Basic Training for New Dads

I. The Last Trimester: Coming to terms

OB visits	Acute sense of provider and protector
Preparing for Birth	Finances - taking on extra work, 2 nd job
Nesting	Emotional changes - tiredness, irritability
Birthing Classes	Pregnancy becomes public - focus on wife
Birth Plan	Sex - changes in sexuality, late-pregnancy affair
Labor fears	Safety - fear of losing one's spouse, baby's health
Hospital Tour	

II. Birthing Stories - (Solicit new father's stories) What was your child's birth like?

Early labor	Breastfeeding
Active labor	Circumcision
Birth	Engrossment
Afterbirth	Postpartum

III. Coming Home

Announcing the birth-family, friends
 Answering machine message
Rest & Self-care
C-Section recovery, special needs
Sleeping arrangements
Help/support from family, friends - Asking for help
Exhaustion - "Spelling" (M. Greenberg)
Paternity and Maternity leave
Temperament, Activity Levels, Colic & Premies
Older kids & Pets